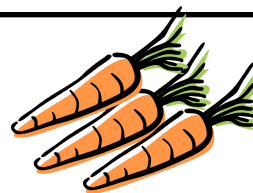


# Peas and Carrots

Winter Edition M01-PY11  
Provided by the Indiana Division of Aging



## January Trivia

**January 1, 1776** - George Washington unveils the "Grand Union Flag," the first national flag for the colonies.

**January 22, 1901** - Queen Victoria of England dies. At the time of her death she had ruled England for 64 years, during which time England became a powerful empire.

Source Cite: <http://www.historyplace.com/specials/calendar/january.htm>



## Crispy Chicken and Rice Casserole

### Ingredients

1. 1 C uncooked long-grain rice
2. 2 C chopped cooked chicken
3. 2 cans of 10 1/2 oz, cream of mushroom soup
4. 1 can 8 oz, sliced water chestnuts, drained
5. 1 can 3 1/2 oz, sliced mushrooms, drained
6. 1 C chopped celery
7. 3/4 C mayonnaise
8. 1 small onion, chopped
9. 1/2 C sliced almonds
10. 1 Tbsp lemon juice
11. 1 tsp salt
12. 1 C crushed cornflakes
13. chopped fresh parsley



### Instructions

1. Cook rice according to package directions. Stir together cooked rice and ingredients # 2 - 11 in a bowl. Spoon into lightly greased 13 x 9 in. baking dish. Sprinkle evenly with cereal.
2. Bake at 350° for 30 minutes or until golden and bubbly. Use garnish, if desired (ingredient # 13).

Source Cite: [http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=10000000480111](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000000480111)

## Chronic Conditions Program Offered in Indiana

- If you or someone you care for has a condition such as diabetes, arthritis, high blood pressure, heart disease or another ongoing health condition, the Living a Healthy Life Workshop can help.
- In this course you will find ways to deal with pain and fatigue, make better food and exercise choices, and talk with your doctor and family about your health.
- To find out more about this workshop, please call; 1-800-986-3505.



**Living a Healthy Life**  
With Chronic Conditions

### January Puzzle

M E P R R Z B M B X O B T E E  
D E M O F P L J K T A J I Y O  
I V V I F C A S U B T A F J I  
R D L T T W C K Y G W N G E O  
P T O Q U R K N O V U U N S U  
J R C R O S E B O W L A I G X  
H U O F I W Y H F N W R T S Y  
M X K M Y T E Q T I S Y T D E  
J S Z E I I D F N A P E E L D  
F O A X W S P T W K F G G R G  
A R K M F C E K B C A D M B O  
M A Y Q O R A S D Z Q I Q H R  
N G C I O N S O K Z O T F Z O  
T H G I R G N I T A E W O N S  
R V I F X V H K G G C J Q L K

#### Words to Find

BABY NEW YEAR  
BLACK EYED PEAS  
EATING RIGHT  
FATHER TIME  
GETTING FIT  
JANUARY  
PROMISES  
ROSEBOWL  
SNOW  
WINTER

S



Source Cite: <http://puzzlemaker.discoveryeducation.com/code/BuildWordSearch.asp>



**Division of  
Aging**

Contact the Division of Aging at 1-888-675-0002,  
or visit us online at [www.in.gov/fssa/2329.htm](http://www.in.gov/fssa/2329.htm)

